

ACHIEVEMENT FILE

Office of Community Engagement
Unit of Community Service

2020-2021





Breast Cancer Awareness Talk

8th October 2020

Webinar

The month of October is the month of Breast cancer awareness, in which Unit of Community Service collaborated with Dubai Health Authority (DHA) having Dr. Ola Abdulsamea Aldafrawy- Specialist registrar Family medicine From Clinical prevention and health promotion unit through ZOOM online workshop.

The virtual workshop was discussing the definition of cancer, as well as its symptoms, signs, risk factors, situation in the UAE and worldwide, it also discussed diagnostics and modes of therapy, and finally, the prevention methods. Our aim is to raise awareness among our students to help those who have been diagnosed as cancer cases or healthy people by early detection, education and support services.

2020-10-15 11:03:32 Dubai X

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1 of 1

Symptoms and signs of breast cancer

- Feeling a lump in the breast tissue – usually not painful
- Pain in the breast, not related to menstrual cycle
- Discharge or secretion from nipple
- Nipple retraction
- Change in size or shape of the breast
- Swelling in armpit area
- Redness or eczema on skin
- Change in the skin texture; it becomes gritty or pitted like orange peel

SYMPTOMS OF BREAST CANCE

WHAT TO WATCH FOR:

 Lump, usually hard	 Tenderness	 Lumps, swelling, or discharge from the nipple
 Change in breast size or shape	 Distorted	 Red or pinkish, or scaly skin
 Pain or swelling in the armpit	 A red, hot, or swollen armpit	 Pitting or thickening of the skin

NOTE: MANY PEOPLE HAVE NO SYMPTOMS.

3:40 PM





Pink Caravan Awareness Webinars

October 2020 Webinars

The “ Breast Cancer Awareness webinar” which is one of the most important and interested topics that attract everyone concern, whereas, the breast cancer has become one of the most common diseases that hits women in our modern age.

The webinars was discussing a lot of vital topics related to breast cancer such as: 1- The definition of cancer. 2- The symptoms 3- The risk factors 4- Spot light on the situation in UAE.

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Breast Cancer and the Importance of Early Detection


Dr. Soha Abdelbaky
Specialist Oncologist
Zulekha Hospital, Sharjah

22 October 2020
17:00 PM UAE Time

English

*Certificates will be provided for attendees

zooom
Meeting ID: 950 8612 8422

Supported By:  Zulekha Hospital

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Breast Cancer and the Importance of Early Detection


Dr. Humara Bint Raees
Specialist Obstetrician and Gynaecologist
Zulekha Hospital, Sharjah

19 October 2020
17:00 PM UAE Time

Urdu

*Certificates will be provided for attendees

zooom
Meeting ID: 993 2145 5463

Supported By:  Zulekha Hospital

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امحصى لتأمني


د. حلاوة نبيس خليل
طبيب اختصاصي أمراض النساء والولادة
مركز تعزيز صحة الأسرة

13 أكتوبر 2020
05:00 مساءً بتوقيت الإمارات

تتمتع شهادات الحضور

zooom
Meeting ID: 978 0090 3663

جامعة عجمان
AJMAN UNIVERSITY
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Breast Feeding and Maternal Health


Dr Evelyn Nelly RUF
OF IBCLC
Lactation Clinic

27 October 2020
05:00 PM UAE Time

*Certificates will be provided for attendees

zooom
Meeting ID: 984 5522 0337





One-on-One With Breast Cancer Warrior

24th October 2020

Webinar

One – on – one breast cancer warrior webinar was very interactive workshop which has resulted in an interesting impact on the community where, the webinar had four breast cancer warriors from four different countries, who were telling their stories of how they were and still struggling to defeat cancer, the webinar was so emotional and so informative at the same time, the attendees were so interactive and happy to see a real life situation of strength and persistence

The poster features four speakers in portrait photos:

- Prof. T. Revathy**: Director General of Thakur Hari Prasad Institute of Research and Rehabilitation For Mentally Handicapped, Hyderabad, India
- Dr. Dia Hassan**: Master degrees, American University of Beirut; PhD in Health Services Administration, USA
- Yasmeen Yousri**: A Freelancer PR // Certified Fashion Stylist
- Mona Afan**: AUSTRALIA

Event details:

- Organized by: **College Of Dentistry Dental Anastomosis Club** in Collaboration with **Office of the Community Engagement**
- Event Title: **ONE-ON-ONE WITH BREAST CANCER Warrior**
- Date: **October 25th, 2020**
- Time: **20.00 onwards**
- Platform: **on ZOOM**

Logos for **جامعة عجمان AJMAN UNIVERSITY** and breast cancer awareness ribbons are also present.






Stroke: Recognition and First Aid

27th October 2020

Webinar

Stroke recognition and first aid webinar was discussing the very common illness in our modern life which is stroke, symptoms, risk factors, and ways to reduce it have been discussed, so informative session to know how to deal with stroke situation by giving first aid to the patient, the webinar was hosted by Mrs. Alaa Al Amry lecturer in college of Pharmacy and health sciences .




 جامعة عجمان
 AJMAN UNIVERSITY

The Office of Community Engagement invites you to a webinar titled:

**Stroke:
Recognition and First Aid**

(Based on evidence reported in the course during COVID-19)

Speaker:
Mrs. Alaa Al Amry
 Lecturer, College of Pharmacy and Health Sciences

 Tuesday, Oct. 27th, 2020
 01:30 - 02:30 pm

Online session via ZOOM

Link will be shared by email one day before the event

To register, Please access this link: community.ajman.ac.ae

For: amry@ajman.ac.ae
 T: 06-7855554
 E: ccu@ajman.ac.ae





American Sign Language

29th October 2020

Webinar

A very informative initiative about “ the Deaf culture” as how to deal with people with hearing disability , how to communicate and interact with them in the daily life situations also, an excellent workshop that increases the community awareness for hearing disability spotting the light on the technical methods to communicate with the deaf people in our community.

Deaf Culture Do's & Dont's

- 01 Don't voice and sign at the same time
- 02 Don't yell or throw objects to get a deaf person's attention
- 03 Do tap a deaf person's shoulder or wave in their direction to get their attention
- 04 Don't wait to walk through a signed conversation
- 05 Don't just jump in like you are a member of the deaf community

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Innovation Day Camp by FEDEX

4th November 2020

Online Workshop

This program allows students to explore the crucial workplace skills which employers are looking for and often find lacking in young employees.

Students have learned about valuable tools to find the perfect job such as, writing good resumes, cover letters, digital profiling and interviewing techniques.





NXplorers by Shell

29th -30th December 2020

Webinar

The NXplorers program uses a combination of systems thinking, scenario planning and a theory of change methodology to show young people how to deal with complexity.

NXTHINKING

THINKING ABOUT THE BIG PICTURE
The world is made up of systems – complex networks with many interacting variables. Thinking about systems helps us to better understand the way the world works.

- SYSTEMS**
 - sets of interacting component parts that form a complex whole
 - natural and designed systems
- PARTS AND WHOLES**
 - there can be systems within systems
- BOUNDARIES AND SCALE**
 - how the scope and extent of a system, or part of a system, is defined
- NETWORK TOPOLOGY**
 - how the design of a system affects its behaviour
- COMPLEXITY SCIENCE**
 - phenomena that emerge from a collection of interacting agents, such as ...
 - ... emergence
 - ... self-organising systems
 - ... multiple autonomous agents

THINKING ABOUT CONNECTIONS
We can deepen our understanding of a situation when we uncover the multiple connections and interactions that influence the way the world works.

- RELATIONSHIPS**
 - direct or indirect
 - linear or non-linear
 - dynamic or static
 - accumulative
 - patterns or trends over time
- INTERACTIONS**
 - actions and reactions
 - balancing or reinforcing loops
 - circular
- CAUSATION**
 - cause and effect
 - knock-on effects
 - root causes
 - multiple causes
- CONSEQUENCES**
 - intended
 - unintended
- POINTS OF LEVERAGE**
 - the points most likely to have the biggest impact

THINKING ABOUT PERSPECTIVES
We all see the world, and interpret what we see, from our own perspective. Being aware of different perspectives helps us better understand ourselves and others.

- CONSIDER WORLD VIEWS**
 - cultural
 - religious
 - experiential
 - social norms
 - values and beliefs
- PERSONAL VIEWPOINT**
 - our frame of reference
 - our vested interest
- PERCEPTION**
 - mental models of the world
 - biases
 - interpretation
 - assumptions
 - stereotypes
- OPEN MINDEDNESS**
 - to be open to new ideas
 - to suspend judgement
 - to tolerate uncertainty
- EMPATHY AND SELF-AWARENESS**
 - awareness of the feelings and motivations of others

THINKING ABOUT THE FUTURE
The future is not fixed. We can imagine many different futures and act to help create a preferred future. Thinking about the future can help us make better decisions today.

- HORIZON SCANNING**
 - social, economic and technological trends
- PROJECTIONS**
 - change over time
 - forecasting
- SCENARIOS**
 - modelling
 - uncertainty
 - resilience building
- DESIGNING AND PROTOTYPING**
 - design thinking to generate designs and solutions
 - iterative development
 - sketching
 - recursive approximation

THINKING ABOUT CHANGE
We are more able to bring about positive change when we understand what helps and hinders change in our own lives and the wider world.

- THEORY OF CHANGE**
 - why we think what we do will work
 - assumptions
 - barriers and enablers
 - types of change
 - scale of change
- DECISION MAKING**
 - cost/benefit analysis
 - feasibility
- ACTION PLANNING**
 - goals and milestones
 - time and task management
 - impact measures
- PERSUASION AND INFLUENCE**
 - communication
 - creating a dynamic for change
 - collaboration, allies, sponsors and advocates
- ATTITUDES FOR CHANGE**
 - optimism
 - tenacity and resilience
 - monitoring impact
 - willingness to adapt

Shell NXplorers
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8th February 2021

Online workshop

Very important workshop with cooperation of Enjaz UAE and macenzy, the target of the webinar is to educate the attendees on how to harness their skills to find the best career opportunity.

The webinar was discussing how to create resume , find jobs, teaching ways and techniques on how the job seekers can introduce their selves to the employers.


 جامعة عجمان
 AJMAN UNIVERSITY


 INJAZ UAE
 100 YEARS OF ACHIEVEMENT

The Office of Community Engagement and The Office of Career Services, in cooperation with INJAZ UAE Programs, cordially invite you to the:


Career Success
 (Revamped by McKinsey)

Monday, Feb. 8th, 2021
 1:00 - 3:00 pm

The link will be shared on email one day before the event

Certificates of participation to be presented
 Limited seats - first to register first to be served

For Enquiries: E: csu@ajman.ac.ae T: (067055564) E: ccc@ajman.ac.ae T: (067056444)

Online session via  zoom





Blood Donation Campaign

21st February
Ajman University

The Office of Community Engagement has invited the AU community to participate in a blood donation campaign. The Benefits of Donating Blood is a humanitarian act that saves the lives of needy patients with excessive bleeding due to traffic accidents, surgeries, and hereditary anemia (Thalassemia). Regular blood donation decreases the possibility of having heart diseases and strokes. It also activates the bone marrow to produce new blood cells and helps the body get rid of excess iron. The campaign provides support to the Mobile Blood Bank of Sharjah Blood Transfusion and Research Services Center surgical patients and people with the genetic blood disease. Ajman University staff and students compassionately participated and donated blood throughout the day. Students stood in queues waiting for their turns-to support patients as well as children with Thalassemia. 20 Students/ staff volunteered in this campaign and it was more than our expected margin. One of another successful projects.





Collaboration with Ajman Medical Zone

3rd – 6th March 2021

Ajman

With cooperation of Ajman medical zone to employ the AU medical clinic to do campaigns for screenings of Covid 19 in different places in the Emirate of Ajman for sixteen days , six hours a day which has been resulted in the favor of the community of Ajman by helping people who doesn't afford the test expenses





Launching COVID-19 Screening and Vaccination Center with Tamouh Healthcare

7th March 2021

Ajman University

Ajman University (AU), in collaboration with Ajman Medical Zone and Tamouh Healthcare Company, has launched a COVID-19 screening and vaccination center on campus at the Sheikh Zayed Center for Exhibitions and Conferences. This aligns with AU's strategy to harness all its scientific, research and logistical expertise in the service of the community and to support the UAE's determined efforts against COVID-19. The center which operates from Saturday to Thursday from 9:00 AM to 9:00 PM, is offering free of charge DPI and PCR tests as well as Covid-19 vaccine. It includes two sections, one for men and the other for women, and all the tools and materials needed by the medical staff to conduct the COVID-19 tests and administer the vaccine. People wishing to receive the vaccine or undertake the COVID-19 tests must present their Emirates ID and abide by the precautionary measures at the center, such as wearing masks and respecting social distancing.





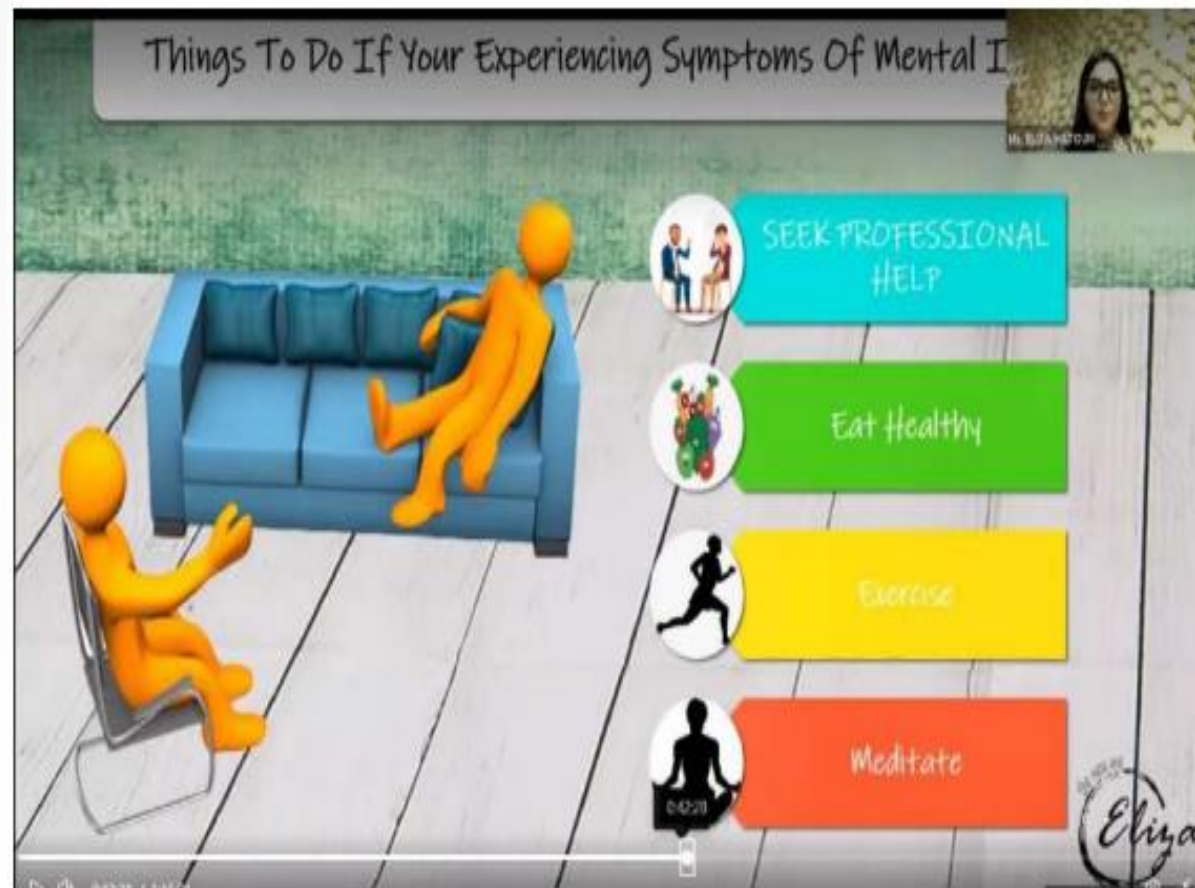
Benefits of Life Coaching and Mental Health Counselling on Employees Work Performance and Quality of Life.

5th April 2021

Canadian Nursery, Ajman

It was a great opportunity whereas our audience were AU students, alumni, and staff. The webinar has spotted the light on the below outline:

- The importance of mental health wellbeing.
- How to spot symptoms of mental illness such as depression or anxiety.
- Strategies to cope with mental illness and possible treatments.
- The difference between counseling and life coaching and when to seek help.
- How to support each other during these uncertain times using emotional intelligence.
- How our wellbeing affects our work/college performance and quality of life.
- Strategies to overcome those challenges using a scientific-based psychological approach.



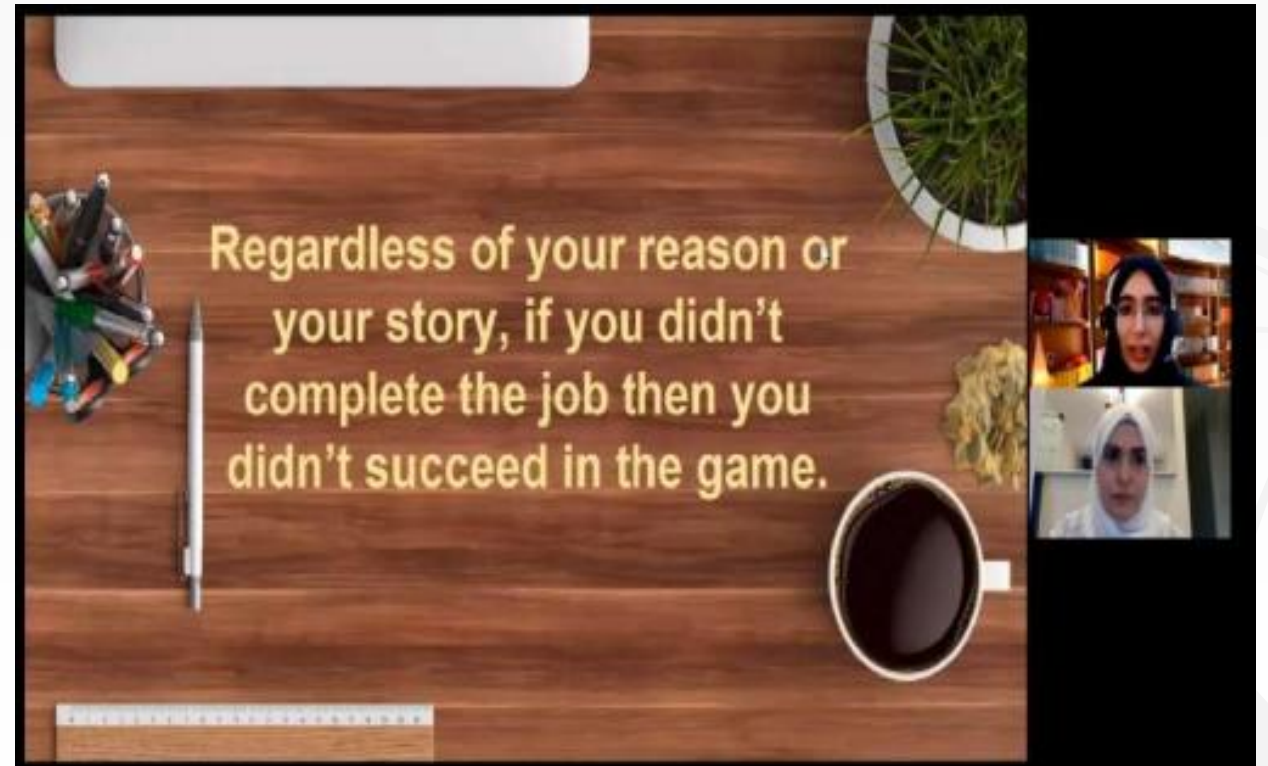


Secrets of Achieving Any Goal

11 April 2021

Webinar

The attendees were so excited while the speaker was revealing the secrets of achieving goals using magnificent success strategies which are helping to achieve goals such as; time management, how to prioritize objectives, setting small goals, and following a written plan, not to mention that the most informative part was when the attendees had interacted with the speaker by raising questions and telling their own experience of success





Make their Dreams Happen

13 April 2021

Ajman University

Draw a smile on the children faces who are suffering from chronic or terminal ailments by joining Make their Wishes initiative in collaboration with Make-A-Wish Foundation. Turning a wish into reality empowers children to fight their illness and gives them and their families hope, strength and happiness to continue in their life.

The initiative is in consonance with one of AU core values of making social impact happen and showing compassion toward society



Make-A-Wish®





100 Million Meals

15 April 2021

Webinar

The Office of Community Engagement, committed to Ajman University social responsibility, cordially invited AU Community to contribute to the “10 Million Meals” campaign.

The noble drive, launched by His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai, is aimed to reduce the impact of "Covid-19" pandemic on affected people.



2

ZERO
HUNGER

3

GOOD HEALTH
AND WELL-BEING

11

SUSTAINABLE CITIES
AND COMMUNITIES

Distribution of fruit baskets to university workers

11 May 2021

Ajman University

As a very nice gesture of gratitude from Ajman university to its workers to support and recognize them by giving them 111 fruits in a very good looking basket, it really resulted in putting a smile on their faces and enhanced the feeling of belonging and recognition on them.



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AU Mobile Dental Clinic

July-August 2021

Ajman, Sharjah

Mobile dental clinic aims to provide oral care services to those who have difficulty in accessing conventional dental clinics.

Mobile dental clinic aims to provide oral care services to those who have difficulty accessing conventional dental clinics , and also for those who don't have financial ability to cover the cost undependably . So, MDC of Ajman University helps those who are needy for this service the most. This Year 2020-2021, targeted more workers and orphans of the emirates of Ajman & Sharjah.

The total visits of MDC within three months were 8 locations of Ajman & Sharjah.

